



Carter County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Carter County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Carter County School System that includes:

- School Health Advisory Committee
- Healthy School Teams in each school
- School Health Policies strengthened or approved include a district wellness policy, mental health policy, medication policy, students with known allergies policy, and a communicable disease policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$87,498.

Community partnerships have been formed to address school health issues. Current partners include:

- Carter County Health Council
- Carter County Health Department
- Elizabethton Rotary
- Mountain States Health Alliance
- Elizabethton Parks and Recreation
- Sycamore Shoals Hospital
- Riverside Pediatrics
- TNCEP Coalition
- Health Occupation Students of American (HOSA)
- NE TN Regional Health Office
- TennderCare Programs
- Family EyeCare Center of Elizabethton
- Elizabethton Kiwanas
- First Medical OB/GYN
- AmeriChoice
- Blue Cross Blue Shield of TN
- Community Advisory Board
- East TN State University

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as school health fairs, healthy school teams, family resource center events and Parent Café.

A student health council and advisory is in the process of being revived for the 2011-12 school year. Students are an important part of implementing coordinated school health and need to be a part of the process. This is a goal of Carter County School's CSH initiative.

School Health Interventions

Since CSH has been active in the Carter County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – BMI= 1491 screened, 384 referred, Blood Pressure=1491 screened, 18 referred, Scoliosis= 186 screened, 19 referred, Vision=846 screened, 73 referred;

Students have been seen by a school nurse and returned to class – 14,263 school nurse visits of which 11,891 were returned to class. BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 42% of our students are either overweight or obese as measured by a BMI over the 85th percentile;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: 4 climbing walls, resurfacing of a tennis court, PE, Wii, Dance Dance Revolution, Elliptical Trainers, updated PE equipment at all schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CSH sponsored physical education teachers to attend wellness institutes and in-services, school nurses have attended conferences, including a diabetes institute at Lipscomb University and annual school nurses conference;

School faculty and staff have received support for their own well-being through after school fitness class offerings and on site flu vaccination clinics. A staff fitness room is scheduled to open in the fall of 2011;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – nutrition education through our partnership with TNCEP, Obesity in a Bottle classes and Family Life Education provided by the Carter County Health Department;
- Physical Education/Physical Activity Interventions – Fit Kids in partnership with East TN State University, climbing walls, and active recess;

- Nutrition Interventions – compliance with state vending laws and a decrease in the number of fried food served in our cafeterias;
- Mental Health/Behavioral Health Interventions – partnership with Frontier Health to provide two social workers for our high school students and create our first ever formal partnership with a mental health agency.

In such a short time, CSH in the Carter County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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